

# GRAPEVINE VISITACION VALLEY

NUMBER 198

SERVING OUR COMMUNITY

JANUARY 2003

## Pedestrian Safety Demonstration in Visitacion Valley



Santa Cop and his helpers assisted more than 100 neighborhood residents on Dec. 11 as Visitacion Valley Pedestrian Safety Collaborative sponsored a midday march on Arleta and Blanken avenues, as well as Bayshore Boulevard.



Protest signs demonstrated residents' frustration with the dangerous conditions now faced by Visitacion Valley residents in trying to cross at certain intersections. Before the march, Senior Action Network held a meeting and rally to inform Valley residents of future traffic improvements, as well as pedestrian safety.

## San Francisco Now Recycling More Than Sent to Landfill

San Francisco is making recycling history. New statistics document that San Francisco is now recycling more material than it sends to landfill, and that the city has a strong start on its goal of diverting 75 percent of all waste from landfill disposal by 2010.

The figures for calendar year 2001, which the city's Department of the Environment (SF Environment) is filing with the California Integrated Waste Management Board, show that San Francisco generated 1,620,260 tons of waste material in 2001. Of this, 780,622 tons went into landfill, while 839,638 tons were diverted through recycling, composting, reuse, and other efforts. This represents a diversion rate of 52 percent, up from the 46 percent reported last year.

"In San Francisco, recycling is a important part of life," said Mayor Willie L. Brown, Jr. "We face many challenges from density to steep hills, but we are fully committed to making our recycling programs work. When I started as Mayor in 1996 San Francisco recycled only 35 percent of its waste. But today, on account of the hard work of businesses, residents, Norcal, and our Environment Department, we celebrate a victory for the environment. San Francisco now recycles more than it throws away."

San Francisco does not have the gracious lawns that help many California cities to capture tons of green waste. Instead, the City developed a food scrap compost program, now the most successful of any city in the country, which diverted nearly 60,000 tons of organic waste in 2001.

Sunset Scavenger Company and Golden Gate Disposal & Recycling Company take more than 300 tons of organic material each day to a compost facility near Vacaville where it is turned into finished compost that includes high levels of nitrogen and other nutrients that benefit plants. The finished compost goes to commercial nurseries, companies that blend and bag planting mix and potting soil, professional landscapers and to landscape supply yards.

The Organic Material Review Institute, a national association, listed the compost as appropriate for use on organic farms and several in Northern California grow fresh produce using the compost. These farmers sell produce at Bay Area farmers' markets, where the chefs from San Francisco's finer restaurants shop. In this way San Francisco has closed the recycling loop locally, a rare accomplishment.

The "Fantastic Three" recycling program was another critical element to San Francisco's recycling success story. The program provides three carts for curbside pickup: blue for paper, bottles and cans together; green for food scraps, yard trimmings and other compostable material; and black for trash. The new recycling program has reached approximately 100,000 San Francisco houses and 7,000 apartment buildings, and the tonnage of recycling captured on these routes has almost doubled.

Nearly 7,400 small businesses also participate in the Fantastic Three

program, and commercial recycling was another significant area of increase in the 2001 statistics. In order to increase participation, the program offers businesses a 25 percent discount off the green cart, which is designated for compostable material.

Also, SF Environment partners with city business associations to recognize the best commercial recyclers with the Commercial Recycler of the Year (CORY) Awards. In past years, CORY winners have pioneered techniques to reduce waste, ranging from the radical to the downright clever. Janitors at 100 Pine Street removed the liners from the desk side garbage cans to discourage tenants from putting in anything but recyclables. Jardiniere Restaurant uses menus made from recycled money. Sparky's Diner uses items in bulk to reduce packaging, and the staff at Scoma's Restaurant even compost fish heads. Several restaurants have demonstrated that by using recycling and compost programs available in San Francisco that they can divert as much as 90 percent of their discards from landfill.

"Surpassing the 50 per-cent mark is just the beginning for San Francisco," said SF Environment Director Jared Blumenfeld. "We recycle all types of plastic bottles, food scraps, computers, mattresses, and items that other cities throw away. Our ultimate goal is to build a San Francisco that has no waste going to the landfill. At the end of the day, recycling is a critical element to reducing our impact on the planet by saving trees, precious metals, water, energy, and landfill space."

In September, the Board of Supervisors passed a resolution calling for San Francisco to divert 75 percent of its waste stream material from landfill by 2010, and charges the Environment Commission with setting a deadline for zero waste once the City hits 50 percent recycling. Zero waste means that the City will send no waste to the landfill. In order to achieve this, San Francisco and its recycling companies will need to find additional markets for recyclable products.

"Achieving 52 percent diversion is evidence that San Francisco is new recycling programs are highly effective. These programs make recycling easy and convenient for residents and businesses," said Mike Sangiacomo, President and Chief Executive Officer of Norcal Waste Systems, Inc. "Recycling increases in every neighborhood converted to the new program. For these reasons San Francisco's recycling programs are widely recognized as the best in the nation. Going forward we will work even closer with the City as we progress together toward higher diversion goals."

California law requires that cities recycle, reuse, or otherwise divert at least 50 percent of waste stream material from landfill. By achieving 52 percent San Francisco has exceeded the State mandate, avoids the possibility of \$10,000 daily in state fines for non-compliance, and is better than half way on the road to zero waste.

## California to Crack Down on Impaired Holiday Driving

SACRAMENTO – The Office of Traffic Safety (OTS) and California Highway Patrol (CHP) are warning motorists early on to make plans for those upcoming holiday celebrations, plans that they hope will include the use of designated drivers and seat belts.

"Removing impaired drivers from our state's highways has always been important in California, particularly during the holidays," said CHP Commissioner D.O. "Spike" Helmick. "If you think you can get away with drinking and driving, consider yourself forewarned. The Highway Patrol, along with many other law enforcement agencies, will be very busy looking for you."

December is California's annual Drunk and Drugged Driving (3D) Prevention Month, with several law enforcement agencies statewide plan-

ning sobriety checkpoints and other efforts to deter impaired driving.

"The Office of Traffic Safety has made a concentrated effort to fund DUI enforcement programs where the need is greatest," said Teresa Becher, OTS Interim Director. "During 2002, more than \$16 million has specifically been set aside to support impaired driving efforts, many of which fall during the December holidays. We want to make sure the California Highway Patrol and other law enforcement agencies have the support they need to effectively get impaired drivers off the roads."

The consequences of impaired driving last a lot longer than one more drink, often costing thousands of dollars in vehicle towing and storage, increases in insurance, DUI classes, community service, DMV fees and other fines.

"A cab ride home is one of the best investments you can possibly make for yourself and your family," said Helmick. "It may just be the best \$20 you ever spend."

During this year's 3D Month campaign, the OTS and CHP, along with the California Restaurant Association, encourage Californians to not only celebrate responsibly by using designated drivers, but by also making sure they wear seat belts every time they get in the car.

Alcohol-related fatalities have risen for three consecutive years after more than a decade of decline. In 2001, 1,308 people were killed and 31,806 were injured in alcohol-related crashes - up from 1,233 deaths and 30,971 injuries the year before. Additionally, more than 176,000 arrests were made last year for impaired driving. See Page 2

## Third Street Light Rail Construction Closer to Visitacion Valley

Bidding is scheduled to begin in January 2003 for construction of Segment F of the Third Street Light Rail Project along Bayshore Boulevard from Hester Street to Sunnydale Avenue. A contract is expected to be awarded in March 2003.

Meanwhile, utility cable pulling by PG&E, PacBell and AT&T in Visitacion Valley will commence in February. Trench construction for the project is currently 11 percent complete.

Work on Segment E (Donner Avenue to Hester Street) was recently awarded to Shimmick Construction Company/Homer J. Olsen, Inc., a Joint Venture last September and was scheduled to begin in December.

### 15 Third Line Reroute

Due to major construction around the Mission Bay area, Muni re-routed its 15-Third line on Nov. 7, a change

expected to be in effect for the next two years.

Inbound, the line now turns left off of Third Street at Mariposa and expresses to 4<sup>th</sup> and Townsend streets (Caltrain Station) via Miriposa, Mississippi, 7<sup>th</sup>

Street, and Townsend before resuming its regular route. Outbound, the line expresses from 4<sup>th</sup> and Townsend to Third and Mariposa via Townsend, 7<sup>th</sup> Street, Mississippi, and Mariposa before resuming the regular 15-Third route.

## SFUSD Student Enrollment Continues to January 31

The enrollment period at San Francisco Unified School District (SFUSD) for the 2003-04 school year continues through Jan. 31. Enrollment applications are available at all SFUSD schools and the Educational Placement Center (EPC) at 555 Franklin St., Room 100. Applications forms and instructions in English, Chinese and Spanish are also available for download on the District website at [www.sfusd.edu](http://www.sfusd.edu). Click on Enrollment Process News on the homepage (Adobe Acrobat Reader required). For more information, call (415) 241-6085.

### Proposed Enrollment Policy

SFUSD is awaiting approval by a federal court to change how the order of school preferences listed on its applications would affect a student assignment. If approved in time for the 2003-04 school year, a student assigned to multiple requested schools would receive the one among those a parent listed as the highest choice.

Last year, a student request for multiple schools was given the school assignment based on highest contribution of diversity.

## Winter Cleanup at Little Hollywood Park



A large pile of wood chips awaits an eager crew of Friends of Little Hollywood neighbors who have organized periodic work parties to improve and maintain landscaping at Little Hollywood Community Park on Lathrop Avenue. A future work party is scheduled by residents at the park for Feb. 3.



## Grapevine Mailbox

## No Tolerance for Impaired Driving During Holidays

Dear Editor:

Last year in California, more than 176,000 arrests were made for impaired driving. A great many of those arrests ruined holiday celebrations for many families. For others, it meant that the holidays will never again be the same because a parent, child, friend or spouse never made it home.

California has always been tough on impaired driving. When we say *zero tolerance*, we mean it. And to prove that we mean it, the California Highway Patrol and dozens of law enforcement agencies throughout the state will be proactively looking for drunk drivers this holiday season.

That means that anyone found to have a blood alcohol content (BAC) of .08 or greater will be arrested. The same applies to anyone under the age of 21 years of age with a BAC of .01 or more.

Those individuals who chose to drink and drive can look forward to investing a great deal of time and money, both of which have far greater uses. Additionally, those convicted of impaired driving can look forward to the following:

- \* Probation or jail time;
- \* A hefty increase in auto insurance costs;
- \* Spending time in DUI treatment programs and doing community service;
- \* Having their drivers license restricted or suspended.

The holidays are a time to enjoy and celebrate. Make the right choice for yourself, your family and friends. Don't drink and drive.

Sincerely,  
Teresa Becher, Interim Director,  
California Office of Traffic Safety

## Speeding Up Process Of Insurance Claims

Knowing what to do in the moments following a property-damaging event can help consumers make the claims process go smoother.

Insurers recommend immediately documenting the occurrence (with photos if possible), making a list of people who saw the event take place and exchanging information with any other parties involved. However, remaining calm can sometimes be difficult after the unexpected happens—whether it's a fender bender or catastrophic storm.

"Usually the first thing that goes through peoples' minds after an accident is not their policy number. People are usually thinking 'Am I OK, how long will it take for someone to show up, who is going to call a tow company?'" says Bryan Murphy, Sr. Vice President and Chief Claims Officer at Farmers Insurance Group.

The company recently began offering a service called HelpPoint. The revolutionary new claims service helps customers handle any physical losses after they occur, and it helps customers deal with the shock that follows a crisis.

Customers can call 1-800-435-7764 to speak to a specially trained customer-service rep. Customer service representatives help people order their priorities, think through their options, and even anticipate their needs—all in the moments after an accident takes place. The insurance company then dispatches services and assigns a claims representative on the spot.

The company even links customers to their claim information via the Internet. Consumers can log onto [www.farmers.com](http://www.farmers.com) and monitor their claim's progress online.

Analysts say the service represents the new standard in insurance policies: combining financial support with important guidance. That could make accidents a little easier to handle.

NAPS

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## Free Local Seminars for First-Time Home Buyers

Think owning a home is just a dream? Well, you may chance your mind after attending a free seminar for first time buyers at the Tool Lending Library at 2713 San Bruno Avenue in the Portola district.

The San Francisco public Library has joined in partnership with Wells Fargo Home Mortgage and the American Library Association to present *The Path to Home Ownership Begins @ Your Library*, a series of educational seminars about home ownership and the mortgage lending process. In addition to the free home ownership seminars, potential homebuyers will find enhanced collections of materials about home ownership at the branch. The seminars will be held on Jan. 9, Feb. 13, Mar. 13 NS Apr. 10 from 6:30 to 8 p.m.

"Many people don't apply for mortgages because they don't know how to get started or are uncertain about down payment requirements and credit issues," said Darrell Walker, Regional Emerging Markets Manager for San Francisco's Wells Fargo Home Mortgage. "By working with the San Francisco Public Library, we will provide easy access to information about home buying, which will help homebuyers overcome the information barriers to home ownership. In particular, we will focus on helping low-to moderate-income and minority homebuyers because rates of home ownership are lower

## State Cracking Down on Impaired Holiday Driving

From Page 1

The OTS and CHP provide the following tips to help prevent impaired driving in your community:

- \* Always have a designated driver on hand whenever alcohol is served.
- \* Never serve alcohol to minors.
- \* Talk to young people about the dangers of impaired driving.
- \* Support your local law enforcement's efforts to fight impaired driving.
- \* Provide non-alcoholic beverages at holiday celebrations.

## New Grapevine Deadline

All editorial and advertising submissions to the Visitacion Valley Grapevine should be received by the 15th of the prior month of publication.

among these groups."

San Francisco is among the first 10 cities in the nation to launch the campaign at a local level.

## Ask Auto Andy

Dear Auto Andy:

I was channel surfing when I caught a news program talking about "fake airbags." Can you tell me what a fake airbag is and how I'd know if I had one?—C.D. in PA

Dear C.D.:

Fake or dummy airbags are, in many cases, no airbag at all—it's a repair scam on the rise. The problem is that airbags are not something you use until you have to, which means you may not know it's missing until you're in the middle of an accident.

Since replacing a blown airbag can be an expensive proposition (anywhere from \$1,000 and \$3,000), some scam artists figured out that if they loaded the airbag compartment with filler while charging for the replacement, they could make a tidy profit. Filler materials can include outdated or inappropriate airbag units, or just packing peanuts, paper towels or rags. Really anything that takes up space.

The experts at Carfax.com offer these self-checks to determine if an airbag is in good working order—when turning on the ignition, look at the airbag indicator light:

\* It should go on for a moment, and then go off.

\* If it remains on or flashes, this may indicate a problem.

\* If it NEVER comes on, this indicates a serious problem.

If you think there's a problem, take the vehicle to a qualified airbag mechanic for inspection.

Here's a caveat: Airbag lights may not come on if the previous owner has had an on-off switch installed. If that's the case, ask the previous owner or dealer to provide a copy of the letter from National Highway Traffic Safety Administration (NHTSA) authorizing the switch and have airbag turned back on.

To protect yourself, consider getting a Carfax vehicle history report ([www.carfax.com](http://www.carfax.com)) or ask the dealer for one. It can indicate whether the vehicle has been involved in a crash, a clue that could help you uncover a missing or incorrect airbag system. Using this information and getting the vehicle inspected by a certified airbag mechanic prior to purchase will ensure a properly working airbag system and provide peace of mind. Here's hoping that you have it, but never need it!—Andy

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## Storms Make Driving Dangerous



After months of dry weather, an abundance of rainy days in December created dangerous driving conditions on slick roads, including this early morning accident on Dec. 13 on Geneva Avenue at Santos Street.

## Infection Control Helps Keep Kids Healthy

by Lorraine M. Harkavy, RN, MS, CIC

School absences seriously disrupt the learning process, according to a supplement, based on the LYSOL Healthy School Summit, published in the October 2002 Journal of School Nursing. Eighty-three percent of teachers believe that absence due to illnesses is their biggest obstacle in teaching, and with over 100 million days lost for children in grades K-12, the educational impact is severe. On average, each student is absent 4.5 days per year and each teacher misses 5.3 days per year due to communicable diseases.

Now, there is good news for parents and teachers about boosting school attendance and decreasing the negative effects of missed school days, which include lost work time for parents. Participants in the LYSOL Healthy School Summit—who are experts in the fields of infectious disease, primary care, school nursing and the household/institutional cleaning industry—concluded that an infection control program in school and supported at home will help keep your kids healthy and in school.

A successful infection control program depends on the following:

- \* Proper hand washing. Hand washing

is highly effective in decreasing the spread of germs through hand-to-hand contact and surface-to-hand contact. School-age children should be taught to wash their hands several times a day, especially before and after eating and after using the bathroom. It is also a good idea to have them wash their hands as soon as they come home from school or play to help keep germs out of the home.

\* Disinfect surfaces. Teachers and parents should use an EPA-registered disinfectant, such as LYSOL brand products, to kill germs on commonly touched surfaces in the classroom and at home, including desks, computers, door handles, countertops, keyboards, and telephones.

\* Immunization. It is important that children receive vaccines according to the recommended schedule to protect against serious diseases such as measles, mumps, and polio. In addition, consult with your family doctor to see if you or your child should get a flu shot.

Parents—along with the school nurse—are key to controlling the spread of germs at home and at school. By teaming up with an infection control program, you can have a big impact on improving your child's health and increasing school attendance.

VAPV

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You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

## Little Hollywood Town Hall Meeting

Friends of Little Hollywood invites its neighbors to a Town Hall Meeting concerning the welfare of Little Hollywood Park on Saturday, January 25, 2002, 10 a.m. at the Korean First Presbyterian Church, at the corner of Tunnel and Lathrop Avenues.

## Visitacion Valley Community Center Senior Program

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## Students and Staff at "Little Vis" Join in Festive Halloween Parade



Watch out for those mean spiders and caterpillars at VVES.



Even the VVES parents and teachers are in costume.



Is this Mrs. Flores or Miss Mississippi at Visitacion Valley Elementary School?



...And in this merry group, where is the teacher: Mrs. B.C.?

## Government Funding to Provide Emergency Food and Shelter for Nation's Homeless Programs

WASHINGTON - Local homeless shelters and food pantries around the country will soon receive \$140 million in Federal Emergency Management Agency (FEMA) funding for food, shelter and utility assistance. The news came Dec. 5 at the second meeting of the newly reactivated Interagency Council on Homelessness at the White House.

The funding, a part of FEMA's Emergency Food and Shelter Program, is awarded to the United Way each year shortly after the Fiscal Year begins on Oct. 1.

The funding will ensure that local shelters and food pantries will have much needed resources during the winter months when demand is greatest and will provide rent and

utility payments to prevent the loss of housing by families at risk of homelessness.

"The timing of the release of the \$140 million is critical to helping communities across the country fight homelessness," indicated Philip Mangano, Executive Director of the Council that coordinates federal activities on homelessness. "Prevention of the loss of housing is as important as the intervention with food and shelter."

During the Dec. 5 Council meeting, two respected advocates for the homeless made presentations pointing to an expanded collaboration with the federal government - Nan Roman of the National Alliance to End Homelessness and Carla Javits, execu-

tive director of the Corporation for Supportive Housing.

"We come together today to witness an unprecedented partnership being formed between the federal government, the advocacy community and non-profit housing developers with the objective of ending chronic homelessness," said Housing and Urban Development Secretary Mel Martinez. "Our shared goal is to address the most chronic homeless needs so that we can better serve homeless individuals and families who find themselves without a home to call their own."

Last summer, Martinez outlined the Bush Administration's new strategy that places a greater emphasis on

prevention and ending chronic homelessness. Research indicates that 10-to-20 percent of the homeless population utilizes more than half of all federal resources targeted for homeless assistance. By focusing more attention on the needs of long-term homeless persons, more federal resources can be made available to families and individuals who face temporary homelessness.

As chairman of the Council, Martinez also discussed the unique collaboration between three federal agencies that will provide \$35 million to support local programs that provide permanent housing to the long-term homeless.

This program represents an unprecedented effort between HUD and the Departments of Health and Human Services (HHS) and Veterans Administration (VA) and will focus on the homelessness on the streets of local communities.

President Bush reactivated the Interagency Council on Homelessness last year to better coordinate the efforts of 18 federal agencies in addressing the needs of homeless persons. During today's meeting, two new members were added to the ranks of the Council - USA Freedom Corps and the White House Office of Faith Based and Community Initiatives.

## Automotive Tips from Some Expert Mechanics

While many Americans spend a great deal of money, time and energy maintaining their homes, from their lawns to their gutters, many are not paying nearly enough attention to another important investment - their cars. According to a recent Valvoline/ASE Poll of the American Mechanic, most mechanics surveyed believe their customers do not treat their vehicles with the same care as they did 20 years ago, revealing a huge need for better interior and exterior vehicle maintenance among American car owners.

### Keep Your Motor Runnin'

Maintaining a car's engine life over the years is not as difficult as it may seem. The majority of the mechanics agreed that the top things a person can do to preserve engine life and keep a vehicle running great include these easy steps:

- \* Changing the oil regularly
- \* Receiving regular tune-ups
- \* Receiving regular cooling system maintenance
- \* Changing the air filter regularly

When asked if changing the oil regularly is one of the top things that a person can do to keep a vehicle running better after 75,000 miles, 62 percent of the mechanics agreed. In addition, 83 percent of the technicians agreed with bringing a higher mileage vehicle in for a check-up at least once a year, if not more often.

"The survey repeatedly found that changing the motor oil is one of the best things you can do for your car," said Sam Mitchell, president of Valvoline. "Valvoline's MaxLife motor oil, ATF and anti-freeze are specially formulated to help slow the aging process and help maximize the life of a vehicle."

### Wash and Wax to Perfection

Maintaining a vehicle's appearance can increase its value, yet the mechanics said that less than half (49 percent) of their customers' cars appear to have the exterior properly maintained. The technicians agreed that washing and waxing on a regular basis are the two top things a person can do to make the outside of a vehicle look as good as new.

"Mechanics understand that maintaining a car's appearance adds value in the long-term, but they still believe many people skip this process based on price and time," said Chad Heath, detailing expert for Eagle One automotive appearance products. "Eagle One products such as Wet Wax-As-U-Dry and Wet Wipe & Shine are convenient because they contain simple spray-on formulas easier to use than conventional products and provide protection with every use that increases a car's resale value."

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## Childrens' Programs Hold Family Feast



Visitacion Valley Childrens Programs held a fourth annual Family Feast at the Community Center on Dec. 13. Micheal Jones, master of ceremonies and Susan Shelton, Director of Childrens Programs welcomed a full house.



Although the night was stormy, great warmth prevailed as both the children and the teaching staff entertained families with Christmas carols.



Everyone enjoyed the delicious dishes were brought by parents and staff.

## Teaching Children How To be Safe with Electricity

Learning about electricity can help keep you from joining a shocking trend: Nearly four people are electrocuted in the U.S. each week in preventable accidents, according to the U.S. Consumer Product Safety Commission.

To help keep people safe, the Electrical Safety Foundation International (ESFI) launched "Look Up! Look Down! Look Out!" A campaign that provides families with simple tips to stay safe around electricity. Suggestions include:

Look Up! Be aware of overhead power lines. Because they can cause serious injury or death, follow these steps:

\* Always assume any overhead line is a power line.

\* Never go near, or let any object you are handling - not just metal objects - come near power lines.

\* Install antennas far from power lines.

\* Have your utility provider trim any trees with power lines running through them.

\* Teach kids to never fly kites near power lines and never attempt to remove items caught in an overhead line.

Look Down! Call before you dig. Power lines under your lawn can be just as deadly as those overhead and they're not always where you might think they are. Call your local utility provider and have them mark underground lines before doing any digging. It's a free service.

Look Out! Respect high-voltage equipment. Those large metal cases in the neighborhood may contain medium to high voltage and can be dangerous. Teach kids that electrical equipment is not safe to be on or near when playing or waiting for the bus, and to never investigate open or damaged equipment.

"Colder-weather activities such as cleaning gutters, planting bulbs and hanging holiday lights can bring us near electrical hazards, making this an important time to be mindful about electrical safety," says ESFI Executive Director Michael G. Clendenin.

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COLE HARDWARE IS GIVING

## THE VISITACION VALLEY COMMUNITY CENTER

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Book Reviews

Reassuring Words Of Common Sense

Although many people may advise others to "use common sense," few people may be able to define exactly what common sense means.

The definition of common sense and the ways its use can change lives is found in an illuminating new book, Words of Common Sense for Mind, Body, and Soul (Templeton Foundation Press, \$12.95).

In this book, Brother David Steindl-Rast, a Benedictine monk, offers his reflections on common sense: the inner guidance we all have in common and that alone enables us to act in ways that make sense.

According to Brother David, men and women who listen to and act on common sense seem "to breathe more easily. They radiate a sense of being at home in the universe and everybody feels at home with them."

Through the centuries, from country to country, in every language, common sense has been expressed in and through proverbs.

"Proverbs do not philosophize or moralize," says Brother David. "They simply hold up one image, as if to say 'Look!' And the more we look, the more we see."

The parables of Jesus also spark common sense insights. Indeed, the message of Jesus is that common sense is the ultimate expression of Divine wisdom. The Gospel parables offer messages about and guidance toward a common-sense world inspired by the power of love

What draws people away from common sense? And how can they help themselves pay more attention to common sense? People's longing to belong may get in the way of their own sense of importance, warns Brother David.

However, "we can cultivate common sense so that the changes for which we and our society are responsible will be in tune with the creative force of the universe-call it the Tao, the Logos, or Dante's 'love that moves the sun and all the stars.'"

Words of Common Sense is available at bookstores, or by calling 1-800-621-2736. It can also be ordered through the Templeton Foundation Press Web site: www.templetonpress.org.

40th Anniversary Issue of White House Guide

The latest edition of a popular guidebook makes it possible to enjoy the decor and furnishings of the White House from the comfort of your house.

The White House: An Historic Guide contains 160 pages of extensively illustrated descriptions of all the rooms accompanied by historical text.

The guidebook was the first project of the White House Historical Association when it was formed in 1961.

The public ordered 10,000 copies of the book before its first printing. The \$1 revenue from the sale of each book assisted Mrs. Kennedy's project to restore the White House. Proceeds from the sale of the 40th anniversary issue as well as all other association products will be used for the preservation of the White House and programs to further the educational goals of the White House Historical Association.

The White House: An Historic Guide sells for \$6.00 (paperback) or \$7.50 (hardback) plus \$4.50 for handling and shipping and can be ordered by calling 1-800-555-2451 or visiting www.whitehouse.history.org.

Americans Asked to Dive Into Clean Water Issue

In this, the 30th anniversary of the Clean Water Act, Environmental Protection Agency Administrator Christie Whitman is urging Americans to celebrate the Year of Clean Water by becoming aware and pitching in to help.

The Clean Water Act, enacted in 1972, set the goal of restoring and maintaining the chemical, physical and biological integrity of the nation's waters.

Whitman emphasized that "most Americans would agree that the quality of both surface waters and drinking water has improved dramatically over the past quarter century, but there is still much to be done."

"It is not only a celebration but a recommitment to the Clean Water Act's goals of fishable and swimmable waters," said Whitman. "Americans can learn about watersheds and water pollution and celebrate the vitality of our national water resources."

Whitman also suggested ways Americans can participate:

- \*Learn about local watershed organizations in your area and get involved;
- \*Help organize a stream or beach cleanup;
- \*Talk to school children about water pollution and about what they can do to help.

"When you improperly change your oil or put excess fertilizer on your lawn or fail to pick up after your dog, these all have the potential to drain into our lakes and streams and pollute our water," said Whitman. "This is the message we are trying to get out-that there is so much we as individuals can do to clean up more of our waters and do an even better job of meeting the Clean Water Act goals."

EPA is working with America's Clean Water Foundation, federal agencies, state and local entities and citizens on events throughout the year. EPA has launched its own Web site for the 30th Anniversary of the Clean Water Act. For more information visit www.epa.gov.

Unlocking the Source Of Joy and Fulfillment

The true destiny of humans is not pain and suffering, but a joy and fulfillment beyond imagining.

That's the message found in a new book, The Secret: Unlocking The Source of Joy and Fulfillment (Kabbalah Publishing, \$12.95), which offers a "simple but potent reminder of the only way to be happy in this world," said

Melody Beattie, international best-selling author of *Codependent No More*, *The Language of Letting Go* and *Choices*

The Secret was written to take the confusion and drama out of growing spiritually and of living a life full of meaning.

After a decade of research, author Michael Berg discovered a logical three-part sequence that acts as a formula for living a successful and joyful life.

According to the author, the only reason that we are not living this life now and the world is fraught with destruction and chaos is because we have it all backward-"as if we were trying to start a car by letting the air out of the tires or trying to boil an egg by putting it in the refrigerator."

Although upon first reading, The Secret seems simple enough, practicing it daily requires a sincere desire for change. Yet the charming tales, as well as Berg's own inspiring voice, reminds the reader of that innate desire in all people.

"Try to remember a moment from your own life when all that is good and right with the world seemed to express itself-when the forces of the universe converged and for one second, all was perfect and complete and secure," said Berg. This is one glimpse of what The Secret can bring to a person's life.

The Secret provides true wisdom, not information. "Sharing this wisdom is my life's work," said Berg.

When the book was in the final stages of production, Berg's second son, Joshua, was diagnosed with Down syndrome. This experience has strengthened his wish to share the wisdom of The Secret.

"I know this is a book that will improve the lives of everyone who reads it. Moreover, for thousands of years our sages have taught that the wisdom of the Kabbalah and the Zohar have the power to eventually bring about a world free from pain or suffering, where true joy and lasting fulfillment are achieved by all," said Berg.

Berg is the author of another book and bestseller, *The Way: Using the Wisdom of Kabbalah for Spiritual Transformation and Fulfillment*, editor-in-chief of www.kabbalah.com website and a noted lecturer. This book is available at bookstores.

For more information on The Secret: Unlocking the Source of Joy and Fulfillment, visit www.kabbalah.com.

The Turtle Saver

Even the smallest act of kindness can have far-reaching results: That's the premise behind a delightfully illustrated new book, written in rhyme, that shows how sometimes seemingly separate events are actually connected, with life-changing consequences.

Called *The Turtle Saver* (Quail Ridge Press, \$16.95), this heartwarming book by writer and illustrator Laurie Parker chronicles a remarkable chain of events set into motion by a simple act of kindness. Parker cleverly connects each event to the next, weaving a motivating story of goodwill. When a man stops to rescue a turtle from the middle of the road, he sets off a ripple effect. From something as simple as a flower growing in an unusual spot, to a hot air balloon landing in a field of cows, each seemingly unrelated event leads to another and comes full circle in the end.

"I wanted most of the incidents in the story to be things I have actually experienced or have known to have happened to someone, because I wanted the chain of events to be something that really could take place," says Parker, author of *Everywhere in Mississippi* and the popular *State Alphabet Series*. For example, Parker actually rode once in a hot air balloon that landed in a field and caused some startled cows to break down their fence, as recounted in "The Turtle Saver."

Amusing enough to entertain young children, while meaningful enough to captivate a mature audience, *The Turtle Saver* is charmingly illustrated with full-color reproductions of collages created by Parker. The recurring appearance of a monarch butterfly symbolizes the connection running among all the events in the story. It was inspired by a quote printed at the beginning of the book: "Thou canst not stir a flower, without troubling of a star," by Francis Thompson, a 19th century English poet.

As the book concludes: "All things are

connected somehow, and it's true: The small acts of kindness, the good things you do, will all in their time find their way back to you!" You'll find *The Turtle Saver* at local booksellers; to learn more, call 1-800-343-1583 or visit www.turtlesaver.com.

Becoming an Action Hero

If you want to be like James Bond or Charlie's Angels, a new book can show you how.

\*Need to know who's been in your house? Use pencil lead and clear tape to pick up fingerprints and save them on index cards. Then you can compare the prints to those of your suspects.

\*Worried who might be in the hall outside your hotel room? Stand on the hinge side. Verify the other person's identity before you open the door. Compare the face on the ID badge with the face in the peephole. Try to get deliveries left in the hallway, and don't retrieve them until the deliverer is gone.

\*Need to perform the Jedi Mind Trick? It's really a technique of neurolinguistic programming called "mirroring." As the name suggests, you pretend the other person is looking into a mirror-you. For instance, sit in the same position as your

STAMPS NEWS

There's No Business Like Stamp Business

You can't get a man with a gun, but you can get his face on a stamp.

Irving Berlin, the accomplished songwriter who helped change the direction of American popular music-with more than 1,000 songs to his credit-is being honored by the U.S. Postal Service with a commemorative 37 cent stamp.

Born Israel Beilin on May 11, 1888, in Russia, he came to the U.S. with his family at the age of 5. Berlin left home in his early teens and moved to the Bowery, where he sang for coins tossed by saloon patrons and eventually became a singing waiter. In 1906, he wrote the lyrics for his first published song, "Marie from Sunny Italy."

Berlin became a staff lyricist at a music publishing firm in 1909 and wrote the lyrics to two songs that were hits that year: "My Wife's Gone to the Country" and "That Mesmerizing Mendelssohn Tune." Around this time he also began to compose music for his lyrics. The success of "Alexander's Ragtime Band," with sales of one million copies of sheet music in 1911, cemented Berlin's fame.

Many of Berlin's most popular songs originated from his work on Broadway. In 1933, Berlin's score for the musical *As Thousands Cheer* featured the song "Easter Parade." *Annie Get Your Gun*, first staged in 1946, produced more hits than any previous Broadway show. Included in this production were "You Can't Get a Man with a Gun" and "There's No Business Like Show Business."

Berlin's songs also found their way to the silver screen. Songs from his first major screen success, *Top Hat*, were extremely popular. Another film, *Holiday Inn* (1942), featured "Happy Holiday" and "White Christmas." The latter earned Berlin an Academy Award. In 1938, Kate Smith performed Berlin's "God Bless America" on her Armistice Day radio broadcast, and the song became an immediate hit. Ironically, when Berlin wrote it in 1918, shortly after becoming an American citizen, he dismissed the song as too solemn and packed it away.

During his lifetime, Berlin garnered many honors, including the Presidential Medal for Merit, the Presidential Medal of Freedom, and the congressional Gold Medal. He died at the age of 101 on Sept. 22, 1989 in New York City. His classic songs continue to be performed on Broadway, in movies and by vocal artists from opera to country, cabaret and jazz.

The portrait of Irving Berlin was taken from a 1932 black-and-white photograph by Edward Steichen. The photograph, which was colorized for the stamp art, is superimposed over Berlin's handwritten score of "God Bless America." His signature from that score appears at the bottom of the stamp. The stamp was designed by Greg Berger of Bethesda, Md.

To see the Irving Berlin stamp, visit the Postal Service Web site at www.usps.com. Other current U.S. stamps, as well as a free comprehensive catalog, are available toll free by calling 1-800-STAMP-24.

subject and use similar metaphors and terminology. Be subtle. Eventually, you can take the lead.

The light-hearted but delightfully useful *Action Hero's Handbook* (Quirk Books, \$14.95), by David and Joe Borgenricht, teaches you all these tricks and more from your favorite action movies and TV shows.

Five chapters show you how to brush up your good guy skills, your love skills, your paranormal skills, your fighting skills and your escape skills.

David Borgenricht is the co-author of the *Worst-Case Scenario Survival Handbook*.

New Sleep Aptitude Test Sets the Record Straight

No need to hit the books for this test...if you're hitting the sack. The first test you can sleep through and pass, the NyQuil Sleep Aptitude Test was developed by Dr. James Maas, sleep expert and best-selling author and professor of psychology at Cornell University.

Designed to scan your daily routine, the Sleep Aptitude Test, found on www.nyquil.com, asks targeted personal questions such as: Do you share your bed with a pet? Do you need an alarm clock to wake up? How many hours do you eat before going to bed? Based on your answers to these questions, the Sleep Aptitude Test scores your sleeping behavior and offers methods for a better night's rest.

"Most people don't realize how many unusual factors affect the quality of their sleep every night," said Dr. Maas. "Our hope is that this test will make people more aware of their sleeping behaviors in an effort to improve their sleep skills."

According to Dr. Maas, one third of our life should be spent in slumber, because daily hibernation affects the other two-thirds of our everyday activity. With a direct effect on daytime alertness and behavior, sleep helps restore and rejuvenate both the body and the brain.

Conversely, sleep loss has detrimental effects on daily functioning. In the following examples, Dr. Maas details possible side effects from sleep loss:

Lower Immunity-Sleep deprivation causes impairment of the body's natural immune cells

Mid-Day Snooze-You can not make it through the day without getting sleepy

One-Second Siesta-What, what happened? Sleep episodes that last a few seconds at a time

Happy, Sad, Depressed Oh My-Mood is one of the first things to be affected by sleep loss

Worry Wart-Increased feelings of not being able to cope, frustration, and nervousness

Home on the Range-Exhaustion will keep you inside, away from the outside world

Pack on the Pounds-Greater consumption of beverages and foods high in sugar, eaten to stay awake

Chilly Willy-Body temperature will plummet as a result of trying to stay awake very late at night

Sleep Seizures-Without warning, unintended episodes of sleep will occur as rapidly as a seizure

Bottom Out-You become unproductive, experience memory loss, and vocabulary is reduced

"Sleep is a necessity, not a luxury," says Dr. Maas. "If sleep is limited, our health and daytime potential are significantly reduced." Lack of sleep can also keep the body's immune system from functioning properly, risking sickness. The Sleep Aptitude Test is being introduced at that time of year when it is most important to get ample quality sleep...cold and flu season. "The body's ability to fight cold and flu symptoms depends on its having a full night's rest," says Dr. Maas. "An appropriate dose of a multi-symptom medication such as NyQuil, taken while sick, will relieve your symptoms for improved sleep to revive both the body and brain."

Rest in our twenty-four-hour society is a thing of the past, Dr. Maas asserts. Four out of every ten people cut back on sleep to gain extra time for a more "interesting" agenda. NyQuil's Sleep Aptitude Test has been developed to add a few more Z's to your vocabulary and make sure you don't have to pay the consequences of sleep deprivation. Dr. Maas' Golden Rules of Sleep-four simple ways to improve your sleep are included in the test to help add rest back into your daily agenda. So log on to www.nyquil.com and set your sleeping record straight.



# Merry Christmas and Happy New Year!



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Anchorage	Dillingham	Kenai	Seward
Barrow	Fairbanks	Ketchikan	Sitka
Bethel	Haines	Kodiak	Soldatna
Cordova	Homer	Kotzebue	Unalaska
Craig	Hooper	Metlakatla	Valdez
Delta	Bay	Palmer	Wasilla
Junction	Juneau	Petersburg	Wrangell

Towns of Alaska

Historic Proportions

Match clues to answers  
1931

- Giant dirigible christened on Aug. 8.
- Young men accused in Tennessee of Mar. 25 assaults in well-documented case.
- Colonial Exposition opened here on May 6.
- Opened on Oct. 24 over Hudson River.
- World's tallest structure opened on May 1
- Government aid bill made law for this on Feb. 14
- Actor became well known in the movie Dracula
- Massive floods along Yangtze River kill 200,000 in August
- Civil government awarded on Jan. 30 by U.S.
- Underworld figure off to prison on Oct. 24
- He played the bad guy in *The Public Enemy*.
- Winners of World Series on Oct. 10
- Set U.S. coast-to-coast record on Sept. 4
- Land speed record set at 245

Five Years Ago  
In the Grapevine

JANUARY 1998

\*San Francisco School Volunteers launched an initiative to create and strengthen partnerships between Visitacion Valley and the neighborhood's public schools.  
\*Members of the S.F. Public Utilities Commission further detailed plans to improve Sunnydale's inadequate sewer system in a community meeting Dec. 11 at Schlage Lock.  
\*Visitacion Valley had plans for its own forum on Jan. 18, 1998 at the Community Center gym when The National Days of Dialogue on Race Relations would be taking place across the country from Jan. 14-19.  
\*Visitacion Valley neighbors were awakened at 2:30 a.m. Christmas Day to find a blazing inferno in a home at 450 Sawyer St.  
\*A Visitacion Valley woman was seriously injured when hit by a car on Dec. 21 as she crossed Arleta Avenue at Alpha Street.

Sump, the Grump



Progress in the Fight to Overcome Hunger

by Heinz Imhof

The World Food Prize is a unique opportunity for those committed to agriculture to come together from a wide range of backgrounds.

This year's World Food Prize laureate, Dr. Pedro Sanchez, is a man whose research has made a difference in the lives of hundreds of thousands of subsistence farmers and others depending on agriculture in the developing world. Dr. Sanchez took an area of nonproductive tropical soil in Brazil and through painstaking research brought to life 30 million hectares of land, so the total grain harvest tripled.

By adopting his Agroforestry approach, 150,000 farmers in Africa have substantially increased their yields, in some cases by as much as 200 to 400 percent.

Real progress in the fight to overcome poverty and hunger in the developing world goes beyond direct assistance to subsistence farmers. The needs of rural development must be addressed more broadly and this includes fundamental needs such as education, health and rural infrastructure.

While this is traditionally the focus of public sector development assistance, the private sector can lend insights to public-private partnerships, particularly

in communities where company operations are centered.

Through Syngenta's seed and crop protection activities, our industry has made a significant contribution to increased crop yields and developing products for inhospitable conditions. We have made progress on yield protection-through targeted control of weeds, diseases and pests. In doing so, we have focused on the most effective ways to manage the land currently in production and provide farmers with the appropriate tools.

Dr. Sanchez has demonstrated that any practical application of science and technology will have to be closely applied to local conditions. At Syngenta, we have promoted crop enhancement through seeds and crops adapted to local conditions. We have created products that require less water for use in arid regions.

The principles exemplified in Dr. Sanchez's work should inspire and encourage us.

Whether we can push back the ravages of hunger and bring hope to subsistence farmers, while preserving natural resources—depends on our joint skills and ideas.

Heinz Imhof is chairman of the board of directors of Syngenta AG. NAPS

How Plants Help Remove Carbon from the Air

Scientists believe that by helping plants store carbon in the soil we can begin to control global warming. The process is called carbon sequestration. Here are some facts about the problem, and the solution:

\*Many crop land soils in the U.S. have lost as much as half of their original organic carbon content due to the effects of land clearing and tillage. As a consequence, nearly one-fifth of the continental U.S. (458 million acres) is capable of storing about one-fourth of the 7.4 billion metric tons of carbon that fossil fuel combustion emits into the air, every year.

\*Because agriculture and forestry practices can help plants store carbon in the soil faster than they emit it into the atmosphere, they are the only major sectors of the U.S. economy able to sequester carbon without engineering means of separating it from power generation wastestreams.

\*The U.S. Department of Agriculture (USDA) estimates that all the forests in the United States, combined, removed a net of approximately 281 million metric tons of carbon per year from 1952 to 1992, thereby offsetting approximately 25 percent of U.S. emissions of carbon during that period.

\*The total carbon sequestration potential of U.S. crop land is estimated to be between 75 million and 200 million metric tons of carbon per year. U.S. grazing land can sequester 30-90 million metric tons. Together with forest lands, that's 133 percent of the total emission of greenhouse gases by agriculture and forestry activities.

\*"Best management practices" such as conservation tillage lead to increased quantities of organic carbon in soils. Their widespread practice would allow U.S. crop and grazing lands to store 12 to 14 percent of U.S. carbon emissions every year. NAPS

Lesson in Baking the Ultimate Oatmeal Cookie

Created especially for Oatmeal Month, Cocoa Peanut Butter Cup Oatmeal Cookies may be the ultimate in indulgence.

To create this irresistible cookie, the Quaker Oatmeal Kitchens embellished a rich oatmeal cookie dough with peanut butter and cocoa, then added big chunks of chocolate-covered peanut butter cup candies.

For a free booklet with more delicious oatmeal cookie recipes, e-mail oatoffer@aol.com, or write to Cookies at P.O. Box 487, Chicago, IL 60690-0487.

Cocoa Peanut Butter Cup Oatmeal Cookies (3 Dozen)

1-½ cups packed brown sugar, ½ pound (2 sticks) butter, softened, ¾ cup peanut butter, 2 eggs, 2 tsp. vanilla, 1-½ cups all-purpose flour.

1/3 cup unsweetened cocoa powder, 1 tsp. baking soda, 2 cups Quaker oats (quick or old fashioned, uncooked), 35 miniature peanut butter cup candies, unwrapped, halved.

Heat oven to 350 F. In large bowl, beat sugar, butter and peanut butter with electric mixer until creamy. Add eggs and vanilla; beat well. In medium bowl, combine flour, cocoa and baking soda; mix well. Add to peanut butter mixture; mix well. Stir in oats and candy. Drop dough by level 1/4 cupfuls 3 inches apart on ungreased cookie sheets. Bake 12 to 14 minutes or just until cookies are slightly firm to the touch. (Do not overbake.) Cool 1 minute on cookie sheets. Transfer to cooling racks. Cool completely. Store tightly covered. NAPS

Cash Prizes in Youth Essay/Spoken Word Contest

Cash prizes are being offered in a Youth Essay/Spoken Word Contest for youth ages 13-20 living in San Francisco, Alameda, Contra Costa and San Mateo counties. Selected finalists will share their work at a Youth "At Risk" Summit on Apr. 11 and 12.

Youth can express themselves through writing and performing essays, poetry, rap or speech. The goal of this contest is to provide youth with a vehicle to convey their thoughts, feelings and strategies on issues affecting them and their communities. Additionally, this process is designed to academically challenge all entrants to improve writing and public speaking skills.

There will be two types of submissions: essay entries and spoken word entries.

Essay Entries must address and cover at least two of the following topics: Jobs/Economic Development, Health, Education, and Criminal Justice. They must be 4 pages, typed, double spaced, size 12 font Times New Roman. All essay entries must be positive in sentiment and will be scored according to originality, creativity

vocabulary, spelling, grammar, credibility and format.

Spoken Word Entries must address and cover at least two of the following topics: Jobs/Economic Development, Health, Education, and Criminal Justice. Spoken word entries must be positive in sentiment and will be scored according to originality, creativity and vocabulary. All spoken word entries must be submitted in either of the following forms: audio recorded on cassette tape or CD; or video recorded on VHS.

There will be two scoring sections for: Youth 13-15; and Young Adults 16-20. Prizes will include two 1st place awards of \$250, two 2nd place awards of \$150, and two 3rd place awards of \$75.

Entries must be received by Jan. 30, 2003 via U.S. postal mail, e-mail or hand-delivery. Please make a copy of your entry as submissions will not be returned. Send Material c/o Essay Contest: Infusion-One, 1307 Evans Ave., San Francisco, CA 94124 or e-mail ys2003infuse@earthlink.net.

For more information, call Infusion-One at (415) 641-1704.

As a Matter of Fact

\*Three out of four American families own a barbecue grill.

\*Tuna was first canned in 1903.

\*New South Wales is Australia's oldest and most populous state.

\*A dog watch is a unit of time equal to two hours.

\*In Egyptian mythology, the Ammit was an underworld beast that was part hippopotamus, part lion and part crocodile. It guarded the scales of judgement.

\*Predating the telephone, the first fax machine was created by Italian priest Giovanni Caselli in 1863.

\*In Roman mythology, the goddess Vesta watched over the home and the hearth. Every meal was supposed to begin and end with an offering to her.

\*The clarinet first appeared in an orchestra in 1711. The instrument was further popularized by Wolfgang Amadeus Mozart.

\*According to Dutch merchants, during the 17th century the Chinese so valued the herb called sage that they would trade three chests of tea for one of sage.

\*The first real automobile, a cantilever-spring, tiller-steered vehicle, was built by Gottlieb Daimler and Wilhelm Maybach in 1886.

\*The ennea is a unit of quantity equal to nine.

\*In ancient times, people believed it unlucky to set the left foot on the ground first on getting out of bed.

\*The first chocolate chip cookie is credited to Ruth Wakefield of Massachusetts, who called it the chocolate crispie.

\*The feddan is an Egyptian unit of land area equal to about 1,038 acres.

The giraffe has the highest blood pressure of any animal.

\*Blue whales are both the largest and loudest animals on earth. They can emit low frequency pulses that can be detected from as far as 530 miles away.

\*The earth weighs about 6,588 quintillion tons.

\*Earthworms get air from spaces between particles of soil. When it rains, earthworms come to the surface to avoid drowning.

\*The largest crabs in the world, which stand three feet high and often weigh as much as 30 pounds, live off the coast of Japan.

\*Homing pigeons carried messages for the ancient Egyptians and Persians more than 3,000 years ago.

\*As a flounder grows, the eye of its lower side moves gradually around to the upper side of its head.

\*Most gnats lay their eggs on water, where they float for several days before hatching.

\*The gooduck is a huge edible clam that may weigh as much as six pounds.

\*The fennec is a nocturnal African fox noted for its exceptionally large ears.

\*An American aircraft carrier can reach over a fifth of a mile long and carry close to one hundred lanes.

\*The word telegraph comes from the Greek words *tele*, which means "afar" and *graphein*, meaning "to write."

\*The largest fish is the whale shark, which weighs more than twice as much as an African elephant.

\*Some people keep hedgehogs as pets to get rid of insects and other house pests.

\*The grunt is a fish named for the grunting sounds it makes when removed from the water.

\*In 1540, Don Garcia Lopez de Cardenas became the first European to see the Grand Canyon. He reportedly claimed it was a hopeless barrier to further westward expansion.

\*The dance term *ballon*, which refers to the lightness and grace of movement that makes a dancer seem buoyant, is derived from Jean Ballon, a 17th century French ballet dancer known for his extraordinary leaps.

\*The shock produced by an electric eel generally reaches about 200 to 300 volts, enough to stun a person or light a neon lamp.

\*During dry seasons, the eland, the largest antelope in Africa, can live for weeks without water.

\*Throughout the world, more people belong to the teaching profession than to any other.

\*Iced tea is the most popular form of beverage in the United States.

\*No two giraffes have identical markings. Scientists say the coat pattern of each animal is unique.



Visitacion Valley Police Log

\*Nov. 10, 11:57 a.m., 000 block of Schwerin St., burglary, forcible entry.  
\*Nov. 10, 3:13 p.m., 000 block of Leland Ave., robbery of commercial establishment with gun.  
\*Nov. 11, 8:41 p.m., 200 block of Blythdale Ave., aggravated assault with deadly weapon.  
\*Nov. 17, 6:08 p.m., Brussels & Ordway Sts., aggravated assault with gun.  
\*Nov. 19, 10:23 a.m. Sunnydale Ave. & Hahn St., attempted homicide with gun.  
\*Nov. 20, 9 p.m., Brookdale & Geneva Aves., grand theft from locked auto.  
\*Nov. 22, 9:49 p.m., Sunnydale Ave. & Hahn St., aggravated assault with gun.  
\*Nov. 24, 10:30 p.m., Sunnydale Ave. & Santos St., grand theft of property.  
\*Dec. 1, 12 noon, Hester Ave. & Bayshore Blvd., grand theft from locked auto.  
\*Dec. 4, 3 p.m., 100 block of Brookdale Ave., burglary of apartment house, unlawful entry.  
\*Dec. 5, 8:45 a.m., 500 block of Campbell Ave., burglary of residence, forcible entry.  
\*Dec. 5, 9 a.m., 900 block of Rutland St., burglary of residence, forcible entry.

Another Suspect Arrested In Velasco Avenue Murder

Demario Braud, 22, was arrested Dec. 3 in connection with the murder of Visitacion Valley resident Dolores Hidalgo.  
The San Francisco District Attorney's Office had previously issued a \$10 million arrest warrant for Braud, who was wanted for questioning in the Nov. 5 shooting of Hidalgo, a housekeeping inspector of the Hyatt Regency Hotel in San Francisco, which occurred at 5:50 p.m. at the corner of Santos Street and Velasco Avenue.  
Hidalgo, 59, was walking to her Sunrise Way home after getting off a bus when she was confronted by several individuals, including a 14-year-old girl now in custody at Youth Guidance Center. Three suspects wanted for questioning in the case still remain at large.

Cookbook Has Interesting Secrets of Southern Italian Cooking

Get your apron ready. Generations of immigrant Southern Italian cooking can now be savored in a delectable new cookbook.  
Into the Sauce: From Our Cucina to Your Kitchen (\$24.95) contains many of the sensational recipes that have graced tables at 82 Buca di Beppo restaurants from Los Angeles to Washington, D.C.  
The vital, vibrant and powerfully flavored Southern Italian recipes featured in this 160-page cookbook were created by Executive Chef Vittorio Renda and Joseph P. Micatrotto, BUCA, Inc.'s chairman, president and CEO, who guides Buca di Beppo, inspired by the immigrant traditions of his grandfather, Nick.  
Into the Sauce serves up 58 recipes from Italy's Abruzzo, Apulia, Basilicata, Calabria, Molise and Sicily regions, including:  
\*Pastas, including Spaghetti with Garlic Oil and Vegetables and Seafood Linguine with Pesto Sauce,  
\*Romantic recipes like Wedding Soup,  
\*Seafood dishes like Swordfish Siracusa-Style, and  
\*Italian desserts from Mascarpone and Espresso Cake (Tiramisu) to Warm Marsala Wine Custard.

SLUG Composting and Organic Gardening Classes

\*Worm Composting: Saturday, Jan. 4, 10 a.m.-12 noon. Turn your kitchen scraps into rich fertilizer for your plants. Come join a certified Community Composting Educator for the basics of composting with a worm bin. Workshop participants will receive a voucher for \$10 off a worm or basic compost bin! Garden For the Environment, 7th Ave. at Lawton St. Free!  
\*Urban Composting in English and Spanish: Saturday, Jan. 11, 10 a.m.-12 noon. Learn composting techniques you can practice at home whether you have a backyard or live in an apartment. Workshop offered in English and Spanish. Workshop participants will receive a voucher for \$10 off a worm or basic compost bin! Alioto Park Community Garden, Capp Street at 20th. Free!  
\*Sustainable Weed Management: Saturday, Jan. 18, 10 a.m.-1 p.m. Learn to identify many of the weeds that invade San Francisco gardens in the rainy season. Learn ways to eliminate weeds

Here's a simple recipe from Into the Sauce:  
**Chicken Saltimbocca with Escarole (Saltimbocca di Pollo con Verdura)**  
1 lb. escarole greens, chopped, 4 boneless, skinless chicken breasts (6 oz. each), Salt to taste, Pepper to taste, 2 Tbsp. finely chopped fresh sage, 4 slices prosciutto, thinly sliced, 2 Tbsp. olive oil, Flour for dusting, 1/4 cup chicken stock, 1/4 cup white wine, 2 Tbsp. fresh lemon juice, 4 Tbsp. unsalted butter, 8 lemon wedges.  
In a pot of boiling water, cook escarole for approximately 3 minutes, then drain, cool and squeeze out excess water. Set aside. Flatten chicken breast to 1/8-inch thickness by pounding lightly between two sheets of wax paper. Sprinkle each piece with salt and pepper and spread each evenly with sage. Top each breast with a slice of prosciutto secured with wooden toothpicks.  
Heat olive oil in a large skillet over medium-high heat. Dust each breast with flour and place in the saut pan, prosciutto side down. Cook until golden brown. Turn chicken over, finish cooking, about 8 minutes. Place chicken on a baking sheet and cover with foil to keep warm. Discard olive oil from saut pan and add chicken stock, wine, lemon juice,

prepared escarole, salt and pepper.  
Cook for about 5 minutes, remove from heat, add butter and mix in to thicken sauce. Place chicken on a large platter, prosciutto side up, remove toothpicks and pour sauce over. Garnish each chicken piece with 2 lemon wedges. Serve immediately. Serves 4.  
The recipes contained in Into the Sauce will fill your kitchen with the spirit of Buca di Beppo restaurants, which the San Francisco Chronicle hailed as embodying "the excessive, exuberant, voluptuous Neapolitan spirit." The book is available at Buca di Beppo restaurants or can be ordered online at Amazon.com or www.bucadibeppo.com. NAPS

Recipe Corner

Southwestern Skillet Supper

1 packet Idahoan Complete potato flakes with seasoning pouch; 1 tablespoon vegetable oil, 1 pound ground beef or turkey; 1 medium onion, diced, 2 teaspoons chili powder, 3/4 teaspoon salt, 1 16-ounce can diced tomatoes, 1 16-ounce can baked beans; 1 11-ounce can corn, drained, 1/2 cup shredded cheddar cheese, 1/4 cup chopped fresh cilantro.  
Heat oil in a 12-inch skillet over medium-high heat. Add ground beef and onion and cook until brown, stirring occasionally. Stir in chili powder and salt, cook 1 minute longer. Stir in tomatoes with their liquid, baked beans and corn, cook over high heat until bubbling. Reduce heat to low; cover and simmer for 10 minutes.  
Meanwhile, prepare potatoes as package directs for 4 servings. Stir in cheddar cheese and cilantro.  
Top meat mixture with 1/4 cupful of potatoes and serve. Makes 5 servings.  
To receive a free copy of the cookbook, send two Idahoan UPC codes to Idahoan Free Recipe Book, c/o Advon, 640 South State Street, Shelly, ID 83274. Please include name, address, and daytime telephone number on a 3 x 5" card. Allow 4-6 weeks for delivery. NAPS

MUNI LIGHT RAIL IS COMING OUR WAY!

Visitacion Valley Jobs, Education and Training programs will be conducting workshops on how to get into one of 26 building trade apprenticeship programs. For information on enrolling in one of these state-approved and paid training programs, contact Ann Williams for orientation and intake dates at VVJET, (415) 239-2866.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome, under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.  
\*Thaumatrope - Create a classic optical illusion toy and try to trick your brain.  
\*Animal Totems - Paint an animal totem on a rock and add charms for good luck.  
\*Shadow Puppets - Make your own shadow puppet.  
Other regular Saturday activities include:  
\*Meet the Animals from 11:15 a.m. to 12 noon.  
\*Animal Feeding at 12 noon.  
Come celebrate Mushroom Day from 10 a.m. to 3 p.m. on Jan. 25. Kids can drop-in for all kinds of mushroom-inspired activities.

Three Men Injured, One Killed in Valley Shootings

A man was shot in the foot around 11 p.m. on Nov. 22 during a dispute near the corner of Sunnydale Avenue and Hahn Street.  
In another incident just before 9 p.m. on Nov. 24, gunfire erupted along the 100 block of Blythedale just outside the Sunnydale projects claiming three victims. One man died after being driven to St. Luke's Hospital.

Grapevine Want Ads

**VOLUNTEERS WANTED for VVCC After School Program** to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059.  
**A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.  
**GRAPEVINE 15TH ANNIVERSARY ISSUE** featuring a 10-page history of Visitacion Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.  
**GRAPEVINE DISPLAY ADVERTISING** now half off regular rates for a limited time. Full Page \$75, 1/2 Page \$40, 1/4 Page \$22.50, 1/8 Page \$12.50, 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

San Francisco City Services	
ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days) 866-2017, (nights/weekends) 866-2020	
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	563-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	563-1603
INGLESIDE STATION (Anonymous 333-3433)	563-1803

LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (OPT)	563-1200
POLICE (non-emergency)	563-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	564-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	564-2300
VVMS ANONYMOUS HOTLINE	281-8406

San Francisco City Meetings	
Aging 1st Wed 9:30a, Airport 1st/3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec & Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, Supervisors Mon 2p	
<b>Visitacion Valley Community Center</b>	
<b>Mondays:</b> Senior Shopping 11:30 a.m., Tuesdays Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m.	
<b>Thursdays:</b> Sewing Class 9 a.m.-3 p.m.	
<b>VVCC Regular Board Meeting</b> is held on the 4th Thursday of each month at 5 p.m.	

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

<b>AQUARIUMS</b>	
ASIAN/OISCUS AQUARIUM, 130 Leland Ave. 333-0772	
<b>AUTOMOTIVE</b>	
BAYSHORE AUTO 2260 Bayshore Blvd. 467-6130	
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd. 239-5239	
CHARLIE'S GARAGE 2550 Bayshore Blvd. 239-7450	
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd. 585-8281	
VALLEY AUTO & TRUCK SUPPLY (Bill Conle), 2520 Bayshore Blvd., 239-5880	
<b>BANK</b>	
BANK OF AMERICA 6 Leland Ave. 622-4501	
<b>BAKERS</b>	
CUNEO BAKERY, 96 Leland Ave., 239-6090	
LITTLE QUIAPO BAKE SHOR, 169 Leland Ave. 239-2253	
<b>BARBERS</b>	
DeMASIS BARBER SHOP 35 Leland Ave.	
THE SHOP (JB), 178 Leland Ave., 239-6709	
<b>BEAUTICIANS</b>	
ANGEL COIFFURES, 5 Leland Ave., 239-9891	
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261	
MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381	
MIZ RENA'S SALON 19 Blanken Ave., 467-3399	
NAILS BY JENNY, 50 Leland Ave., 333-6800	
WHO'S BAD?, 224 Leland Ave., 657-3156	
<b>BLIND CLEANING</b>	
SPEEJOY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506	
<b>BOARDING HOUSE</b>	
ABLE'S CASA 850 Rutland St., 333-4664, fax 333-4693	
<b>BOOKKEEPERS</b>	
AMY ARAGON PROFESSIONAL BOOKKEEPER, 467-8927	
VERNA WALLACE E.A. 2320 Bayshore Blvd., 239-5333	
<b>CARPETS</b>	
HAN SAN INTERIORS, 41 Leland Ave., 333-6382	
<b>CASKETS</b>	
CASKETORIUM INC. 93 Leland Ave. 585-3451	

<b>CHURCHES</b>	
CHURCH OF THE VISITACION 655 Sunnydale Ave. 239-5950	
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.	
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave. 468-1213	
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave. 239-5457	
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave. 586-6381	
VALLEY BAPTIST CHURCH, 305 Raymond Ave. 467-6055	
VISITACION CHINESE BAPTIST CHURCH, 8 Oesmond St., 333-4503	
<b>CLOTHING</b>	
SPONA 9 Leland Ave. 239-9631	
<b>COFFEE</b>	
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309	
PICCOLO PETE'S EUROPEAN COFFEE 2155 Bayshore Blvd., 467-2442	
<b>OAY CARE</b>	
CAROUSEL OAY CARE, 261 Hahn St. 469-5353	
<b>OENTIST</b>	
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, OOS), 37 Leland Ave., 239-5500	
<b>OEVELOPERS</b>	
GENEVA VALLEY OEVELOPMENT CORP., 333 Schwerin St., 587-7895	
<b>ELECTRICAL</b>	
TATE ELECTRIC (Joel Tate), 467-4657	
<b>FLORISTS</b>	
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145	
<b>GARDEN ORNAMENTS</b>	
SILVESTRI GAROEN ORNAMENTS, 2635 Bayshore Blvd. 239-5990	
<b>GROCERS</b>	
E-Z STOP MARKET, 2203 Geneva Ave. 585-9240	
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300	
K.C. MARKET, 400 Wilde St., 467-3024	

<b>LITTLE VILLAGE MARKET</b> , 1450 Sunnydale Ave. 586-1815	
<b>M &amp; M SHORTSTOP</b> , 2145 Geneva Ave. 585-0878	
<b>PICCOLO PETE</b> , 2155 Bayshore Blvd., 468-6800	
<b>SARI-SARI FOOD STORE</b> 58 Leland Ave., 239-0580	
7-11 2200 Bayshore Blvd. 468-8546	
<b>SHUN LEE MARKET</b> 2400 Bayshore Blvd. 586-4851	
<b>SMITTY'S MARKET</b> 2610 Bayshore Blvd. 239-5506	
<b>SUPER FAIR MARKET</b> , 201 Leland Ave., 239-6856	
<b>TEOOY'S MARKET</b> , 298 Teddy Ave.	
<b>VALLEY SUPER MARKET</b> , 65 Leland Ave., 239-7520	
<b>HERBS</b>	
SAN ON HERBS, 33-A Leland Ave. 333-7469	
<b>HYPNOTHERAPY</b>	
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave. 468-5631	
<b>INSURANCE</b>	
ROBERT LEHMAN, CLTC, CMFC, 333-0850	
<b>KITCHEN CABINETS</b>	
LEE CHANG INTERNATIONAL, INC. 25 Leland Ave. 333-2730, fax 333-1706	
<b>LAUNDRY/CLEANERS</b>	
BAY WASH, 44 Leland Ave.	
<b>CITY WASH INTERNATIONAL</b> , 83 Leland Ave. 333-9467	
<b>COIN WASH &amp; ORY LAUNDRY</b> , 186 Leland Ave.	
<b>FORTY-NINER CLEANERS</b> (David Chan), 51 Leland Ave. 239-6418	
<b>LELAND AVENUE CLEANERS</b> , 151 Leland Ave. 586-1412	
<b>VALLEY LAUNDRY</b> , 90 Leland Ave.	
<b>VISITACION VALLEY LAUNDRY</b> , 108 Leland Ave. 239-9030	
<b>LEARNING</b>	
J.N. LEARNING ACADEMY, 240 Leland Ave., 584-8555	
<b>VISITACION VALLEY COMMUNITY BEACON CENTER</b> , 450 Raymond Ave., 452-4907	

<b>VISITACION VALLEY FAMILY SCHOOL</b> 325 Leland Ave. 585-9320	
<b>LIBRARY</b>	
VISITACION VALLEY BRANCH, 45 Leland Ave. 239-5270	
<b>LODGING</b>	
<b>THRIFT LODGE</b> 2011 Bayshore Blvd., 467-8811	
<b>MANUFACTURER</b>	
<b>NATIONWIDE PAPER</b> 345 Schwerin St. 586-9160	
<b>MEDICAL</b>	
<b>AMERICAN REO CROSS, BAY AREA CHARTER</b> 1704 Sunnydale Ave., 584-3620	
<b>HAWKINS VILLAGE MEDICAL CLINIC</b> (Dept. of Public Health), 333 Schwenn St. Appointments 715-0310	
<b>DR. SAM HO, MD</b> , 9 Silliman St. No. 4 337-6135	
<b>NORTH EAST MEDICAL SERVICES, LELAND AVENUE</b> 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)	
<b>PORTOLA FOOT &amp; ANKLE CLINIC</b> (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500	
<b>NOTARY</b>	
<b>ROYAL PACIFIC MORTGAGE &amp; REALTY</b> 46 Leland Ave. 333-4900	
<b>ORGANIZATIONS</b>	
<b>ASIAN/PACIFIC AMERICAN COMMUNITY CENTER</b> , 2442 Bayshore Blvd., 587-2689	
<b>GENEVA TERRACE PROPERTY OWNERS ASSOCIATION</b> 60 Burr Ave., 584-2700	
<b>GIRLS AFTER SCHOOL ACADEMY</b> , 2050 Sunnydale Ave., 333 Schwenn St., 584-4044	
<b>JOHN KING SENIOR COMMUNITY</b> , 500 Raymond Ave., 239-6233	
<b>LELAND HOUSE</b> 141 Leland Ave. 405-2000	
<b>VISITACION VALLEY SENIOR CENTER</b> , 66 Raymond Ave., 467-4499	
<b>PHARMACY</b>	
<b>VISITACION VALLEY PHARMACY</b> 100 Leland Ave. 239-5811	

<b>PHOTOGRAPHER</b>	
WALTER CORBIN PHOTOGRAPHY (Fredance), 435 Sawyer St. 587-9471, fax 337-8620	
<b>PLUMBING</b>	
MARK VOELKER PLUMBING 99 Aneta Ave. 467-7401	
<b>POST OFFICE</b>	
VISITACION USPO 68 Leland Ave., (800) 275-8777	
<b>REAL ESTATE</b>	
Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163	
<b>RESTAURANTS</b>	
<b>CLIFF'S BAR-B-Q &amp; SEAFOOD</b> , 2177 Bayshore Blvd. 330-0736, Fax 330-9813	
<b>G &amp; L BAKERY &amp; RESTAURANT</b> 198 Leland Ave. 239-6283	
<b>HONG YUN RESTAURANT</b> , 73 Leland Ave. 469-5686	
<b>SUNFAI RESTAURANT</b> , 30 Leland Ave. 587-2763	
<b>LUAN FAT BAKERY</b> , 110 Leland Ave. 585-1167	
<b>RUSSIA HOUSE</b> , 2011 Bayshore Blvd. 467-0252	
<b>SHIREL'S SOUL FOOD</b> , 107 Leland Ave., 239-5141	
<b>TWO JACK'S RESTAURANT</b> (seafood and burgers), 167 Leland Ave. 337-0433	
<b>SELF-OEVELOPMENT</b>	
<b>DYNAMIC OEVELOPMENTS</b> (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608	
<b>SERVICE PROVIDERS</b>	
<b>THE VILLAGE</b> , 333 Schwenn St. 239-5045	
<b>VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES &amp; TRAINING (VVBESST)</b> , 120 Leland Ave., 586-7347	
<b>VISITACION VALLEY COMMUNITY CENTER (VVCC)</b> , 50 Raymond Ave., 467-6400	
<b>VVCC CHILDREN'S PROGRAM</b> 161 Leland Ave. 586-6998, Fax 586-8027	
<b>VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET)</b> , 333 Schwenn St. 239-2866	
<b>SIGNS</b>	
<b>SMITH'S SIGNS</b> , 153 Leland Ave. 333-2700	
<b>TAVERN</b>	
<b>THE CLUB HOUSE</b> 25 Blanken Ave.	
<b>VIDEO</b>	
<b>SIN FUNG VIDEO</b> , 144 Leland Ave. 586-1038	



## New Survey Reveals That Most Snorers Rank High on Snore Scale

Snorting, gasping, whistling and wheezing might be noises common at the zoo, but when it happens in the bedroom, it's called snoring and it's hardly music to the ears, according to a new survey.

More than 80 million Americans snore and the survey shows their snoring is considered loud at best and ear-splitting at worst. More than half of snorers and their bed partners both rated the average loudness of the snoring as a seven or above on a scale of one to 10. Forty-six percent of respondents described the snoring as "loud enough to wake someone from their sleep," forcing 41 percent of "sufferers" to sleep in a different room.

"Snoring is a common problem, but it's also a medical condition that should not be ignored," said Jeffrey Hausfeld, M.D., medical director of the Washington Center for Laser Medicine and author of Don't Snore Anymore Your Complete Guide to a Quiet Night's Sleep. "In fact, studies show that snoring not only disrupts sleep, it can lead to an increased risk of accidents. And snoring is sometimes linked to sleep apnea, a serious medical condition."

What's the source of all this snoring?

For many snorers, their noses are the cause, while others have their throat or both to blame for this nightly nuisance. In order to provide a solution to all types of snoring, CNS, Inc., makers of Breathe Right nasal strips, is introducing a throat spray.

Drug-free Breathe Right nasal strips, which reduce snoring by opening

congested nasal passages, already are the #1 solution for snoring relief, according to AC Nielsen. Now, for people whose snoring is primarily related to throat issues, there's new Breathe Right Snore Relief throat spray. The drug-free throat spray is clinically proven to reduce the loudness, frequency and duration of snoring by combining natural oils that lubricate the throat with a natural astringent that temporarily helps firm loose tissue to reduce vibrations and lessen noise.

Research shows that by using Breathe Right nasal strips or Snore Relief throat spray, or both products together, up to 85 percent of snorers can get relief. Both products are clinically proven to improve the quality of sleep for both the snorer and those around them.

Dr. Hausfeld offers the following advice to help treat you or your significant snorer:

\*Watch your weight and quit smoking. In addition to increasing the likelihood of snoring, being overweight and smoking are serious risks to overall health.

\*Avoid consuming alcohol before bed. Alcohol causes throat muscles to relax, which can constrict air passages. (Almost 11 percent of "sufferers" attributed their partners' snoring to alcohol consumption.)

\*If an illness, cold or allergies is causing your snoring, try a nasal strip. The strip works by opening your nose, so you close your mouth and don't snore.

\*For snoring caused by loose, vibrating throat tissue, try drug-free Breathe Right Snore Relief throat spray, an over-the-counter remedy that's proven to reduce snoring loudness and frequency.

\*See your doctor if snoring is a constant problem. If your snoring doesn't pose a serious health risk, solutions like Breathe Right nasal strips or Snore Relief throat spray may offer a safe, drug-free solution. These products allow you to breathe better

during the night, which leads to sleeping better and feeling better the next day.

Who has the loudest snore?

The Guinness Book of World Records lists Melvin Switzer of South Hampton, England, as the record holder for the loudest snore. At 92 decibels, Switzer's snore could be compared to the roar of heavy traffic at a busy intersection and louder than the U.S. limit for noise allowed in the workplace. The snoring experts at CNS are convinced that somewhere in America there's a snorer who can set a new world record, and are seeking entrants in Breathe Right's "Search for America's Loudest Snorer" contest to find out.

Whether you're a snorer yourself or try to sleep next to one each night, enter by calling 1-866-YOU-SNORE to record the snoring offender in action, or snorers themselves can leave a "confession" about their snoring woes. You can also enter via e-mail at [yousnore@breatheright.com](mailto:yousnore@breatheright.com) or by writing to: Breathe Right's "NAPS

## Taking a Big Dip into the Crunchy History of Potato Chips

Chips are hip-potato chips that is. Consider the following facts about one of America's favorite fun foods.

\*While most credit Thomas Jefferson with bringing the idea of the french fry from France, George Crum is credited with slicing potatoes thin enough to turn them into something different-chips-in the summer of 1853 in Saratoga Springs, New York.

\*In World War II, the potato chip industry was declared an "essential" industry since chips were the only ready-to-eat dehydrated vegetable available at the time.

\*The world's largest potato chip was produced in Jackson, Tenn. in 1990. It measured 23" x 14 5".

\*The thickness of an ordinary potato chip is just over one-twentieth of an inch. Ridged chips are said to be about four times thicker.

\*One of the more popular potato chip brands -Jays Potato Chips-uses just

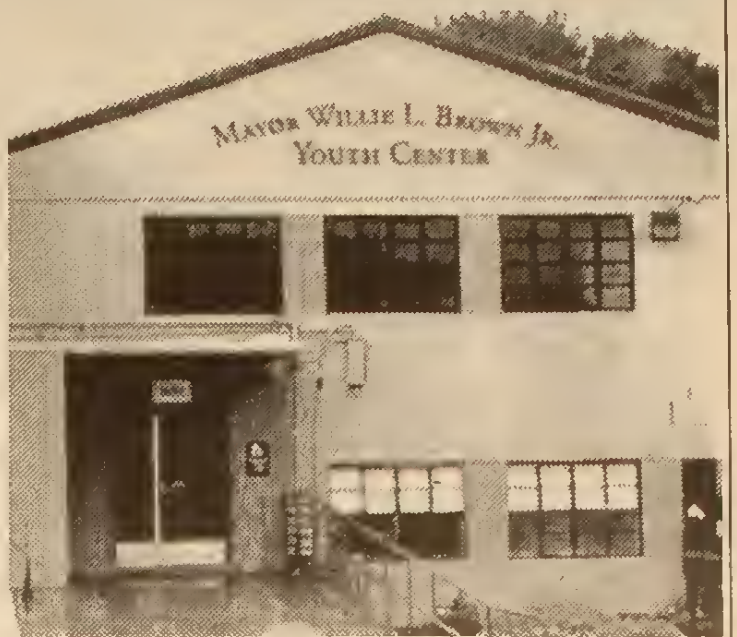
three ingredients-potatoes, corn oil and salt.

Jays Potato Chips was founded as "Mrs. Japp's Potato Chips" in 1927 by Leonard Japp Sr. Japp was quick to recognize the growing popularity of the potato chip. At the time, Japp and a friend, George Gavora, bought a rickety truck for \$50 and started the company.

A few years later, Japp joined with longtime friend George Johnson to start a new potato chip operation called "Mrs. Japp's Chips." Their big breakthrough came with the invention of the continuous fryer that made chips that were lighter and had less oil content than others then available. The name of the company was changed to Jays in the 1940s.

After World War II, the potato chip industry began to boom. Jays bolstered its position in the market by including recipes on its bags of chips created by Japp's wife, Eugenia.

## New Youth Center Named for Mayor



San Francisco Housing Authority on Dec. 5 opened the Mayor Willie L. Brown, Jr. Youth Center on Sunnydale Avenue at Santos Street. Complete with a recording studio for aspiring artists, the \$400,000 facility will serve as an inspiration to many young people living in the neighborhood.

### Check Your Nutrition IQ

Food myths abound. Test your nutrition know-how by circling the right answers.

1. Although it's classified as a nutrient, vitamin D is actually

A) a mineral; B) a protein; C) a hormone; D) all of the above

2. True or false: Latte isn't as nutritious as traditional coffee drinks because steaming robs milk of calcium and B vitamins.

A) True; B) False.

3. Compared to the real thing, carob, a chocolate substitute found in health-food stores, is

A) lower in calories; B) lower in fat; C) nutritionally superior; D) none of the above

4. Garlic has been proven to

A) lower cholesterol; B) lower blood pressure; C) prevent certain cancers, including stomach and colon cancer; D) none of the above.

5. True or false: To be labeled "fat-free," a product must contain absolutely no fat.

A) True; B) False.

For answers to questions like these, as well as thousands of other food and nutrition facts, consult Wellness Foods A to Z (Rebus, 2002). Written by UC Berkeley nutrition expert Sheldon Margen, M.D., and other editors of the UC Berkeley Wellness Letter, this 640-page quick-reference encyclopedia provides complete, up-to-date information on more than 500 fresh foods-from almonds to yogurt. Unique among nutrition books, it offers food entries with detailed nutrition profiles, shopping and storage tips, information on different varieties, and preparation and serving suggestions to take advantage of each food's key nutrients. Best of all-it's a perfect companion for your cookbook collection.

Answers

1. C. Vitamin D is actually a hormone and like other hormones is manufactured by the body. Found naturally in very few foods, it's produced by skin cells in response to sunlight.

2. B-False: Milk heated up to 10 minutes still contains 80 to 100 percent of its nutrients.

3. D. Surprisingly, 1 tablespoon of carob chips contains more calories and saturated fat than the same amount of chocolate-with no nutritional advantage.

4. D. Hundreds of studies have failed to find any health benefits for garlic, despite claims of its benefits.

5. B-False: Fat-free products can contain up to half a gram of fat per serving.

NAPS

## United We Stand! / Estamos Unidos!



### VISITACION VALLEY FAMILY CENTER Can Assist You with the Following:

Childcare Referrals  
Job Search and Resumes  
Social Service Referrals  
English Conversation  
Completion of Applications and Forms  
Resolving Problems with Public Agencies  
Support Groups  
Come Visit Us!

### EL CENTRO DE FAMILIAS DE VISITACION VALLEY Puede Ayudarle Con: Referencias De Childcare

Ayuda con Los Curriculum Vitae Y Buscar De Trabajo  
Referencias De Los Servicios Sociales  
Conversacion Ingles  
Ayuda Con Formas Y Aplicaciones  
Resolver Problemas Con Las Agencias Publicas  
Grupos De Ayuda

Visitemos En El Centro De Familias de Visitacion Valley

161 Leland Ave., San Francisco, CA 94134 Monday to Friday 9 a.m. to 4:30 p.m.

訪谷區家庭服務中心可幫助你處理以下事項

- ✧ 托兒服務
- ✧ 尋找工作
- ✧ 社會公益援助
- ✧ 英語會話
- ✧ 填寫申請表格
- ✧ 解決有關社會機構問題
- ✧ 團體援助

歡迎親臨參觀本中心!

(415) 586-6998

Evening and Saturday  
Hours Coming Soon